National Child Care Information Center

A service of the Child Care Bureau

CHILD DEVELOPMENT RESOURCES for PARENTS and PROVIDERS

Child development describes the process of children becoming able to do more and more difficult or complex activities as they grow and get older. Developmental milestones are activities that most children can do at a certain age. The following is a sample of a Federal agency and national and State organizations that provide parents and early childhood educators with information about general child development and developmental milestones regarding social-emotional, physical, cognitive, speech and language, and moral child development, including information on premature infant development, developmental delays, and learning disabilities for children from birth through adolescence.

Glossary of terms	
Cognitive	how children think (learning, understanding, problem-solving, reasoning, and remembering)
Language	how children learn to speak sounds, words, and sentences to communicate with others and to use or understand body language, gestures, and what others say
Motor skills:	how children learn to use their muscles to move
• **Large or gross motor**	how children learn to use large groups of muscles (e.g., to sit, stand, walk, run, keep balance, and change positions)
• **Small or fine motor**	how children learn to use small muscles in their hands in (e.g., to eat, draw, dress, play, and write)
Sensory	how children hear, see, taste, touch, smell, and feel
Social -Emotional	how children learn to relate to others (having relationships with family, friends, and teachers), cooperating, responding to the feelings of others, and how children develop control of their emotions.

FEDERAL AGENCIES

■ **Centers for Disease Control and Prevention (CDC)**
   U.S. Health and Human Services Department
   800-311-3435
   World Wide Web: http://www.cdc.gov

The CDC functions to protect and improve the health and safety of Americans. The CDC recognizes that it is in the public's interest to ensure that children develop in loving, healthy, safe, and secure environments. The CDC Web site offers information on general developmental

milestones for children from birth to age 8. Links to the developmental milestones can be found on the Web at http://www.cdc.gov/ncbddd/child/. The CDC also offers links to general resources on child development and positive parenting. These links can be found on the Web at http://www.cdc.gov/ncbddd/child/links.htm.

■ **Children, Youth and Families Education and Research Network (CYFERNet)**
    U.S. Department of Agriculture, Cooperative Extension System
    World Wide Web: http://www.cyfernet.org/

CYFERNet offers practical, research-based information on topics such as ages and stages of physical, social-emotional, cognitive, and learning development for infants and children through age 11. These resources are available in English and Spanish on the Web at http://www.nncc.org/cyfernet/cd.page.html#anchor7201448.

NATIONAL and STATE ORGANIZATIONS

■ **The American Academy of Pediatrics (AAP)**
    847-434-4000
    World Wide Web: http://www.aap.org

AAP, consisting of over 60,000 pediatricians, works to provide general health and well-being information for parents of children up to age 21. In addition, AAP produces many informational materials, including brochures, books, and videotapes on childhood topics and issues. The following brochure has information about infant physical development:

- *Assure the Best for your Baby's Physical Development* (2003), by the Pathways Awareness Foundation, is available on the Web at http://www.aap.org/family/2004PAFBrochure.pdf.

■ **American Speech-Language Hearing Association (ASHA)**
    800-638-8255
    World Wide Web: http://www.asha.org/

ASHA is the professional scientific and credentialing institution of speech and hearing professionals. The ASHA Web site offers numerous resources for parents and professionals regarding child speech, language, and hearing development. It provides links to various speech and hearing development topics, including developmental milestones, English as a second language, and bilingualism development. Links to the speech and hearing developmental resources are available at the following sites:

- *How Does Your Child Hear and Talk?* is available in English at http://www.asha.org/public/speech/development/ and in Spanish [*¿Qué Tal Habla y Oye Su Niño?*] at http://www.asha.org/public/speech/development/dev_milestones_spanish.htm.

■ **The Child and Family WebGuide**
    617-627-3642
    World Wide Web: http://www.cfw.tufts.edu/

The Child and Family WebGuide, sponsored by Tufts University, supported by the William T. Grant Foundation, provides links to Web sites on topics such as family, education, typical child

development, health, and general resources. Resources on developmental milestones for brain, language, and physical development are available on the Web at http://www.cfw.tufts.edu/topic/4/172.htm.

■ **Child Trends**
World Wide Web: http://childtrendsdatabank.org.

"Early Child Development in Social Context: A Chartbook" (Sept 2004), by Child Trends and AAP Center for Child Health Research, includes information about 33 indicators focusing on early childhood development. Areas covered include social, emotional, and intellectual development; health outcomes related to development; and parental, family, and neighborhood characteristics that influence young children's school readiness. Each indicator is accompanied by a brief description of its importance based on the latest research; provides selected estimates from the latest available data; and offers useful discussions of steps that health policy-makers, practitioners, and parents can take to improve children's development and health during their first years of life. This resource is available on the Web at http://www.cmwf.org/usr_doc/ChildTrends-Chartbk2004h.pdf.

■ **Developmental Behavioral Pediatrics Online (dbpeds)**
World Wide Web: http://www.dbpeds.org

The dbpeds Web site is aimed at medical professionals interested in child development and behavior; however, most of its Web site's content is available to the public and contains useful information for parents on child development. The Web site offers the following publication depicting normal child development in infants and children from birth to age 3 1/2:

• "Developmental Milestones" (2001), by Cynthia Dedrick, is available on the Web at http://www.dbpeds.org/articles/detail.cfm?TextID=701.

■ **First Signs, Inc.**
978-346-4380
World Wide Web: http://www.firstsigns.org

First Signs is an organization dedicated to the early identification and intervention of childhood learning delays and disorders. First Signs offers healthy development milestones for children ages 4 months through 36 months. Description of these milestones are available on the Web at http://www.firstsigns.org/healthydev/milestones.htm.

■ **National Network for Child Care (NNCC)**
World Wide Web: http://www.nncc.org

NNCC provides practical information about children for parents, professionals, practitioners, and the general public. Links to developmental milestones for the 1st through the 12th years are available at the following sites:

• *Developmental Milestones: A Guide For Parents-The First Year* is available on the Web at http://www.nncc.org/Child.Dev/mile1.html.
• *Developmental Milestones: A Guide For Parents-The Second Year* is available on the Web at http://www.nncc.org/Child.Dev/mile2.html.

- *Developmental Milestones: A Guide For Parents-The Third Year* is available on the Web at http://www.nncc.org/Child.Dev/mile3.html.
- *Developmental Milestones: A Guide For Parents-The Fourth Year* is available on the Web at http://www.nncc.org/Child.Dev/mile4.html.
- *Childhood Years: Ages Six Through Twelve* for ages 6-12 (middle childhood) is available on the Web at http://www.ces.ncsu.edu/depts/fcs/human/pubs/child6_12.html.

■ **Talaris Research Institute**
206-529-6898
World Wide Web: http://www.talaris.org

The Talaris Research Institute is dedicated to discovering how children think, feel, and learn. Talaris' "crib notes" on early brain development offer easy-to-read summaries that highlight research efforts that have deepened the understanding of children's development. Talaris also produces a research-based timeline that can serve as a general guide to five of the ways a child grows; social-emotional, cognitive, language, sensory, and physical–from birth to age 5. This resource is available on the Web at http://www.talaris.org/timeline.htm.

■ **Virginia Cooperative Extension**
World Wide Web: http://www.ext.vt.edu

The Virginia Cooperative Extension is an educational outreach program of Virginia's land grant universities, Virginia Tech and Virginia State Universities, and an agency of the U.S. Department of Agriculture. The program serves to enhance outcomes for personal, societal, and environmental benefits. The Virginia Cooperative Extension offers a resource on adolescent development for parents and care providers of adolescent children. This resource is available in HTML format on the Web at http://www.ext.vt.edu/pubs/family/350-850/350-850.html and in PDF format at http://www.ext.vt.edu/pubs/family/350-850/350-850.pdf.

■ **Your Child: Development and Behavior Resources**
University of Michigan-Health Systems Library
734-936-4000
World Wide Web: http://www.med.umich.edu/1libr/yourchild/index.htm

This resource provides parents with information from research and expert opinion on children's development and behavior. Multiple resources and links that offer general checklists on overall child development from birth through age 12 for gross and fine motor skills, language, cognitive, and social skills development are available on the Web at http://www.med.umich.edu/1libr/yourchild/devmile.htm.

■ **ZERO TO THREE: National Center for Infants, Toddlers, and Families**
202-638-1144
World Wide Web: http://www.zerotothree.org

ZERO TO THREE is a national organization focused exclusively on issues affecting infants and toddlers. ZERO TO THREE offers basic information on developmental milestones, emphasizing social and emotional development, from birth to age 3. These resources are available in English and Spanish under "Development" on the Web at http://www.zerotothree.org/ztt_parentAZ.html. Links to developmental milestones for the 1st through 3rd years are available in English at the following sites:

- *Birth to 8 Months: Young Infants* is available in English on the Web at http://www.zerotothree.org/birth_8.html and in Spanish [*Nacimiento hasta los 8 Meses: Bebés Pequeños*] at http://www.zerotothree.org/Spanish/birth_8_Sp.html.
- *8 to 18 Months: Explorers* is available in English on the Web at http://www.zerotothree.org/8_18months.html and in Spanish [*8 a 18 Meses: Exploradores*] at http://www.zerotothree.org/Spanish/8_18months_Sp.html.
- *18 Months to 3 Years: Toddlers and Two-Year-Olds is available in English* at http://www.zerotothree.org/18_3years.html and in Spanish [*18 Meses a 3 Años: Niños Pequeños y Niños de Dos Años de Edad*] at http://www.zerotothree.org/Spanish/18_3years_Sp.html.

In addition, ZERO TO THREE hosts the Web site, Brain Wonders, with information for parents, child care providers, and pediatric and family clinicians about how the brain develops within the context of relationships, from conception through age 3. Its *Healthy Minds: Nurturing Your Child's Development* (2003) is a series of seven handouts summarizing key findings of brain development research and offers suggestions to parents on how to nurture their child's healthy development.

- *Healthy Minds: Nurturing Your Child's Development* is available in English and Spanish on the Web at http://www.zerotothree.org/healthyminds/.

The National Child Care Information Center does not endorse any organization, publication, or resource.